

*F i t n e s s*  
**CHIX**



*Summer Smoothies*



VISIT OUR WEBSITE - [FITNESSCHIX.COM](http://FITNESSCHIX.COM)

INSTAGRAM - [@FITNESSCHIXUK](https://www.instagram.com/FITNESSCHIXUK)

# *F i t n e s s* **CHIX**



## *About us . . .*

FITNESS CHIX IS ABOUT STRENGTH, CONDITIONING, MOBILITY & MINDFULNESS.

WE OFFER ONLINE TRAINING PROGRAMS TO DO IN THE COMFORT OF YOUR OWN HOME.

PROGRAMS INCLUDE TARGETING SPECIFIC ELEMENTS OF YOUR TRAINING TO ACHIEVE YOUR GOALS

## *Our Mission . . .*

OUR AIM IS TO ENCOURAGE YOU TO STRENGTHEN YOUR BODY, CULTIVATE YOUR MIND, AND ADOPT SKILLS THAT SUIT YOUR LIFE



## *Our Philosophy. . .*

BY CULTIVATING YOUR PURPOSE IN LIFE, IDENTIFYING WHAT YOU WANT, ADJUSTING YOUR HEALTH AND WELLBEING TO SUIT WILL AUTOMATICALLY FALL INTO PLACE

## *Our Mantra. . .*

UNLEASH YOUR INNER GODDESS



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# What Our Clients say

TULSHI GOT ME THROUGH SOME OF THE HARDEST TIMES IN MY LIFE MENTAL HEALTH WISE WITH HER SUPPORT, DURING PANIC ATTACKS. WITHOUT TULSHI I WOULDN'T HAVE THE POSITIVE RELATIONSHIP WITH EXERCISE I DO NOW AND AM NOW MORE COMFORTABLE TO WORK OUT



I THOROUGHLY RECOMMEND TULSHI AS A COACH AND AN OVERALL ASSET TO ANY FITNESS GOALS YOU MAY WANT TO ACHIEVE.

I'D BEEN TRYING TO OVERCOME PREVIOUS INJURIES AND SHE HAD CREATED A PROGRAMME TO MAKE THESE A THING OF THE PAST. TULSHI MADE THE SESSIONS VARIED, ENJOYABLE AND CONSTANTLY DEVELOPING.



'AFTER YEARS OF NEGLECTING BOTH MY PHYSICAL AND MENTAL HEALTH, AND HATING WHAT I SAW IN THE MIRROR; I FINALLY DECIDED IT WAS TIME TO MAKE SOME HUGE CHANGES. TULSHI HAS BEEN A HUGE MOTIVATOR AND INSPIRATION WITH ALL HER POSITIVITY AND SUPPORT!

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# Summer Smoothies



## Avocado Burst

1 BANANA  
1/2 AVOCADO  
1/2 CUP ALMOND MILK  
1 TSP SWEETENER (OPTIONAL)

### Did you know?

AVOCADO IS . . .  
\*GREAT FOR VISION  
\*LOWERS RISKS OF DEPRESSION  
\*CONTAINS FOLIC ACID = HELPS  
CARDIOVASCULAR HEALTH

## Crazy Kiwi

1/2 AVOCADO  
2 KIWIFRUIT  
1 BANANA  
2 CUPS FRESH BABY SPINACH  
1/2 - 1 CUP WATER

### Did you know?

KIWI HAS . . .  
\*VITAMIN C, ANTIOXIDANTS & FIBER  
\*HELPS REMOVE FREE RADICALS  
FROM YOUR BODY  
\*STRENGTHENS IMMUNITY



## Batigue Figther

1 CUP PINEAPPLE CUBED  
1/2 MANGO  
1/4 AVOCADO  
2 TABLESPOONS CHIA SEEDS  
(SOAKED FOR 5 MINUTES)  
3 CUPS BABY SPINACH  
8 OUNCES ALMOND MILK

### Did you know?

CHIA SEEDS SERVE AS AN...  
\*ELECTROLYTE FOR YOUR BODY  
\*IRON SOURCE  
\*APPETITE CONTROL

# Summer Smoothies



## Berry Bonanza

1 BANANA  
1/2 CUP FROZEN BLUEBERRIES  
1/2 CUP ALMOND MILK  
1 TSP SWEETENER (OPTIONAL)

## Did you know?

BLUEBERRIES HAS . . .  
\*VITAMIN C, A & POTASSIUM  
\*HELPS FIGHT UTI'S  
\*IT BOOSTS BRAIN HEALTH



## Strawberry High

1 FROZEN BANANA  
1/2 CUP VANILLA SOY MILK  
1 CUP VANILLA YOGURT  
1.5 TEASPOON HONEY  
2/3 CUP STRAWBERRIES  
(ADD FROZEN BLUEBERRIES FOR  
ALTERNATIVE BLUEBERRY BONANZA)

## Did you know?

STRAWBERRIES HAVE . . .  
\*MORE VITAMIN C THAN AN ORANGE  
\*HIGH LEVELS OF ANTIOXIDANTS  
\*EXTREMELY LOW CALORIE FOOD

## Peachy Coconut

1 CUP COCONUT MILK  
1 CUP ICE  
2 FRESH PEACHES (PEELED & CUT)  
LEMON ZEST - TO TASTE

## Did you know?

PEACHES . . .  
\*INC.POTASSIUM - MAINTAIN HEALTHY  
NERVE FUNCTION  
\*AIDS TO RELEASE STRESS  
\*HELPS CONTROL HUNGER PANGS

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# *Fitness* **CHIX**



*Our training platform  
offers a variety of  
videos for . . .*

STRENGTH  
CONDITIONING  
MOBILITY  
MINDFULNESS

*Our online community. .*

OFFERS PRIVATE ACCESS TO  
FACEBOOK GROUP WHERE WE SHARE  
PERSONAL STORIES AND EXPERIENCES  
WITH OTHER FITNESS CHIX MEMBERS

INSTAGRAM - SHOWCASES  
INSPIRATIONAL MOVES, QUOTES AND  
ACCESS TO OUR BOOK CLUB

YOUTUBE  
GIVES YOU A WIDE VARIETY OF ALL  
THE VIDEOS INCLUDING MINDFULNESS  
& LIVE EVENTS EACH WEEK!



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